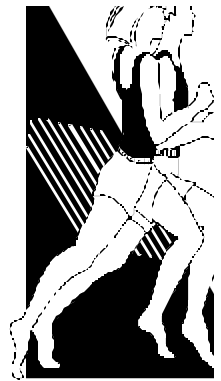


## Turn Intentions into Actions



Do you have the best intentions but poor follow-through on your personal wellness goals? You're not alone. It takes planning, commitment and practice to change health behaviors. Here are some tried and true techniques to help turn intentions into actions.

Clearly identify what you want to change. It might begin as something as general as, "I want to feel healthier!" That's a start. Can you be more specific? "Well, I'd like to lose some weight and exercise more." Do your goals meet the S.M.A.R.T. criteria - Specific, Measurable, Achievable, Realistic and Timed? "I'd like to lose 5 lbs in the next 6 weeks, with at least 1 in. off my waist. I will average three, 30 minute cardio workouts per week and two strength training workouts, as noted in my C.G. Fitness Plan." To learn more about how to establish a safe, effective fitness plan, review Enclosure (7) of the COMDTINST M1020.8E, Weight/Physical Fitness Standards for Coast Guard Military Personnel, [http://cgweb.uscg.mil/G-C/G-CCS/G-CIT/G-CIM/DIRECTIVES/CIM/CIM\\_1020\\_8E.pdf](http://cgweb.uscg.mil/G-C/G-CCS/G-CIT/G-CIM/DIRECTIVES/CIM/CIM_1020_8E.pdf), and talk to your unit Health Promotion Coordinator (HPC).

Will the fitness plan alone meet the fat loss goal? Here's the achievable part. You'll probably need a nutrition plan too, and maybe more cardio. So you might want to start with the fitness goal for a month, and then add on nutrition and weight loss. For more information on effective nutrition change strategies, consult the COMDTPUB P6200.3, Weight Management Self-Help Guide, <http://www.uscg.mil/HQ/G-W/G-WP/G-WPM/PERSMAN/Wt%20Mgmt%20Guide%20-%20COMDTPUB%206200.3.pdf>, your unit HPC, or your regional Health Promotion Manager (HPM). For now, let's look at exercise.

You've established your goal, now how do you stay committed and motivated? Write down why you want to exercise, and weigh this against a list of reasons why you choose sedentary habits. Look at the short and long-term consequences of both. Decide from this process whether you are ready to commit, and reap the benefits of exercise. A powerful list of reasons why you choose to change is great to keep available and review when your mind tries to pull you back toward the old familiar habits.

List barriers to your exercise program, and brainstorm solutions. "Finding the time" is less of a problem for active duty members authorized 3 hours during the workweek to workout. Check with your HPC to clarify the local policy.

Identify a buddy or mentor to support you in the process of change. Find someone who will participate with you in your new behaviors, and support you in your process to change. It could be your unit HPC, or a friend or family member. Consider signing a contract with your buddy, spelling out your goals and weekly objectives as you establish them.

Create S.M.A.R.T. weekly objectives, just like the goals, but make sure these are *actions* – what specific actions will you take each week? "This week, I'll meet with my HPC to

set up a strength program. I'll identify an exercise buddy. I'll start logging my food intake on [fitday.com](http://fitday.com)."

Track your behavior. On your calendar, mark your exercise sessions like any other appointment. If you must cancel, be sure to reschedule. Delete the days you miss, so you can look over the month and see your success, or note your pitfalls. Keep an exercise logbook to keep track of the details of your workout such as date, duration, intensity, repetitions, etc. If you aren't sure how to do this ask your HPC for help.

Make exercise a positive experience. Think about where you are now and begin with small steps. If you aren't doing regular exercise, make just showing up and learning how to use the fitness equipment your first objective. Start out at a comfortable intensity. Choose activities that you enjoy, and listen to motivating music. Cross-train for variety. For example, try 10 minutes on 2 different pieces of cardio rather than 20 minutes on one.

Increase positive messages. Have exercise gear ready to go in the morning. Let people around you know when you will be working out. Keep self-talk positive. Instead of dreading the final minutes, how about, "only ten minutes to go."? Think of how great it feels after a workout. Affirm the new you, rather than dwelling on the old.

Anticipate lapses and don't let them become a collapse. Plan for high-risk situations like foul weather, TAD, and holidays. Keep resistance tubing with you and know how to use it, or create a callisthenic program for the road. Don't let occasional lapses defeat your efforts. Get right back on track. Brainstorm ideas to prevent the situation in the future.

In the end, intentions are only as strong as the plans, commitment and practice that support them.

## Recipe of the Month

### Lentils with Fried Onions

Serves 6 to 8

A super simple, super cheap legume dish. Apply your favorite seasonings. Serve with brown rice and salad or steamed broccoli.

#### Ingredients:

2 T olive oil  
1 pound onions, peeled, quartered and sliced (about 4 medium)  
1 cup brown or green lentils  
Salt to taste

Pour the oil into a heavy skillet or saucepan and place over moderate heat. Add the onions and cook, stirring often, until they are tender, starting to become crisp, and have turned a rich brown color. Remove half the onions and reserve. Add the lentils and water, barely covering the lentils. Bring to a boil, stirring up the caramelized bits of onion at the bottom of the skillet. Lower the heat, and simmer

the lentils and onion for about 25 minutes, covered, or until the lentils are cooked but still firm to the bite. Check a few times to see that there is enough water; add it sparingly, if necessary. If there is too much liquid, remove the cover and boil the lentils to evaporate excess water. Stir in the reserved onions and taste for seasoning. Serve hot or at room temperature.

**Nutrition information:**

184 calories; 9.8 g fat (1 g saturated), 9.8 g protein, 11 g fiber, 26.5 g carbohydrates; Portions: 1 Protein, 1 Extra, 1 Grain

## **Unit of the Month**

### **Group/Airstation Astoria**

Group/Airstation Astoria, Oregon, has adopted some simple steps to provide an environment that helps intentions become actions.

Last summer, the Command of the Grp/Airsta launched a Group-wide fitness program to both increase mission readiness and provide an opportunity for everyone to assess their personal wellness and establish and achieve goals. Now, in OCT and APR everyone in the Group participates in a fitness appraisal. Those that have not yet meet their LE minimum standards retest monthly, with folks on the weight program. Anyone that chooses to monitor progress toward further goals is encouraged to participate as well.

All members are encouraged to meet with a unit HPC to establish or fine tune their fitness program, and can be matched with exercise buddies based on shared fitness interests. HPCs meet regularly to discuss strategies to help members with their programs.

The last FRI of each month is **Wellness Friday**. Members participate in a variety of fitness activities in the morning, then meet for lunches like grilled salmon or sub sandwiches, sponsored by groups such as the CPO mess, the CWOA, morale committee, or specific shops. The day ends with leadership or team-building activities. So that everyone has the opportunity to work out, and to keep the gym from being overcrowded at lunch, shop supervisors allow plenty of flexibility for members to schedule their workouts throughout the day. The night crew takes an extended dinner break to accommodate their workout.

HPC LTjg Amy Sandbothe has received additional certification and teaches aerobics, and trains participants to lead sections of the class. She also provides nutritional counseling to members and their families. The Grp/Airsta team of HPCs also includes LT David Feeney, AST1 Thomas Beaudry, AST3 Gabe Sage, and YN3 Sarah Mills.

These simple steps have helped assure Grp/Airsta Astoria has one of the highest rates of weight/body fat compliance, and is ready for any mission.

**Special thanks to Barbara Herry, Health Promotion Manager at ISC Seattle, for writing the Health Promotion Bulletin this month.**



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